

New Mexico Senior Olympics

Cycling Rules

Revised 12-2022

Playing Format

1. Cycling will be conducted in accordance with USCF, National Senior Games and New Mexico Senior Olympics Board of Directors rules except as noted below. For a complete copy of these rules, please write or call:

USA Cycling

210 USA Cycling Point, Suite 100

Colorado Springs, CO 80919-2215

(719) 434-4200

www.usacycling.org

National Senior Games Association

P. O. Box 5630

Clearwater, FL 33758

(727) 475-1187

www.nsga.com

2. Events include 5K and 10K time trials, and 20K and 40K road races.
3. All bicycles must be certified by race officials prior to the competition.

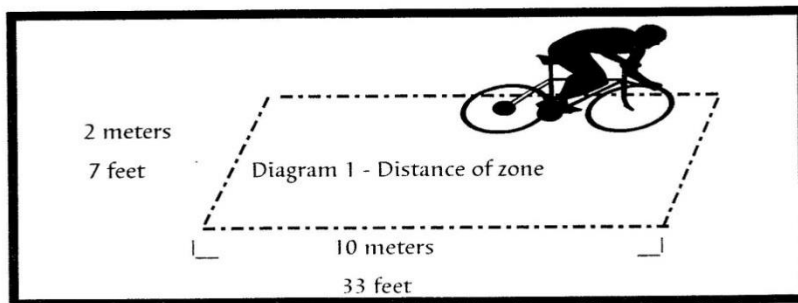
Playing Rules

1. Starting times for the time trials will be at equal intervals (one minute or less). No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one (1) hour before the start of each event.
5. The road races will be mass start at approximately ten (10) minute intervals by age division and gender with combinations when needed.
6. Helmets are mandatory and must conform to USA Cycling regulations.
7. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted. All bicycles must be certified by race officials prior to the competition. Recumbent bicycles are NOT allowed.
8. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
9. If in doubt about your qualification, check for an official ruling from the Sport Coordinator before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
10. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the time trial events and not in the road race events
11. Bicycles used in competition must be propelled solely by the rider's legs moving in a circular motion, without electricity or other assistance. (USACYCLING rules)
12. In time trial events, the rider **may** be held by an official at the start but shall be neither restrained nor pushed.

Cycling Rules (cont.)

- Riders must stay to the right except when overtaking (passing) another rider. Failure to do so will result in disqualification.
- In time trial events, no rider shall pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
- See diagram following for "Taking Pace".
- No restarts are permitted.

CYCLING - TAKING PACE



DIAGRAMS ILLUSTRATING POINTS RELATIVE TO PACING

